

Kumana National park, (also known as the Yala East National Park) is a paradise for bird watching. There is an amazingly wide variety of birds easily spotted in the early hours of the morning and evening, inside the park.

The rough & dry terrains of the national park, is the home for many animals such as elephants, leopards, sloth bear, wild buffalo, wild boar, deer and crocodiles. A jeep safari at the Kumana Park is assured to be a memorable experience.

Okanda Temple, situated near the entrance of the Kumana Park is a small Hindu shrine in which you will find sculptures depicting the Hindu Gods. Approximately hundred meters from the main temple, you will find two more small shrines built atop a small rock from which point you can get a good view of the Indian ocean. Walk down to the Okanda beach and enjoy the scenic beauty. You may also find a few experienced surfers on the beach.

Kudumbigala Monastery, dates back to the 2nd Century B.C, and is large in extent. You will come across a number of caves used by Buddhist monks for purposes of meditation. The central area of the monastery has the stupas and statues.

You will have a chance of meeting a monk to discuss about meditation and the history of the place. Your guide will help with the translation. The monastery is about a 30 minute walk along a foot path to the summit of the rock. If you like to climb further, you can reach "Belum Gala" ('Observation Rock') and enjoy an eagle's eye view of the whole area including the Indian Ocean.

Panama Village is a village situated between Arugam Bay and the Kumana National Park. The majority of the villagers earn a living through agriculture and fishing. Tanks, locally called ('Wewa'), lagoons with mangroves, paddy fields, slash and burn cultivations and home gardens serves as the natural landscape of the village.

ICEI / OVERSEAS have assisted the villagers of the Panama village since 2005 to improve their organic home gardens and agriculture. Lunch will be prepared in a village farmer's house to enjoy Sri Lankan rice & curry lunch. "Curd" made with buffalo milk will be served for dessert.

Please turn overleaf for excursion itinerary....



Guidelines for travelers

- When visiting Buddhist temples or any other place of worship, ensure that you are appropriately dressed. Wear tops with sleeves and pants.
- Footwear and hats should be removed when entering places of worship.
- For bathing in open places:
Women: A t-shirt and a pair of shorts.
Men : A pair of shorts.
- Women should always wear ¾ trekking trousers and t-shirts with sleeves (not reveal the shoulders).
- Trekking shoes are recommended. High heeled shoes are not advisable.
- Smoking is not well accepted among village people, especially women- smokers.
- It is advised to avoid smoking in public areas of the village.

6.00 am	Departure from Arugam Bay
7.00 am	Arrive at the Kumana National Park - Jeep safari in the park
11.00 am	End of the safari Proceed to Okanda Temple, visit temple and Okanda beach
11.45 am	Proceed to Kudumbigala Monastery - Visit the monastery
01.15 pm	Arrive in Panama Village - Lunch at a Panama village, farmer's house - Visit Panama Village
02.45 pm	Departure to Arugambay
03.15 pm	Arrive in Arugambay

